

A Positive Effect on Posture

After injuring my shoulder playing volleyball, I went to a physical therapist who taught me exercises I can do at my work cubicle. I now keep a couple of five pound weights nearby and when I have a break, I run through 25 reps each of following four exercises:

- (1) The standing jack
- (2) The biceps curl
- (3) Overhead triceps
- (4) Reverse butterfly

The therapy program is designed to develop upper body strength and mobility. Due to the positive effect it has on posture, it is also beneficial to the neck area and lower back.

To ensure proper technique and safety a physician, physical therapist, trainer or other health professional should be consulted prior to beginning any exercise program.



The injury was sustained about this time last year, and I have been maintaining the exercises daily since the physical therapy. It has proven to prevent future injuries, relieve back pain, and save on chiropractic visits.

I play volleyball every Monday night at my church. As far as other exercises, I jump to conclusions, beat around the bush, fly off the handle, run up against a wall, tackle tough questions, and (more seriously) take long walks at the mall 1-2 times a week while shopping with my wife.

I have lost a few pounds too which is always good for the back!

submitted by D.S., MDIT-DNR